



Monday

Tuesday

Wednesday

Thursday

Friday

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread

Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

### Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad  
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers  
Legumes - beans and peas  
Starchy - potatoes, corn, peas & lima beans  
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

### Daily Fruit Selections

May Include:  
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

### Leave Your Lunch at Home

Daily entrée options may include:  
Cheese Burger on a Bun  
Chicken Patty on a Bun  
Chicken Nuggets with Pretzel Stick  
Wide Variety of Homemade Pizza

### UP FOR GRABS

Chicken Caesar Salad with Dinner Rolls  
Strawberry Spinach Salad with Dinner Rolls  
Chef Salad with Dinner Rolls  
Crispy Chicken Salad with Dinner Rolls

Asian BBQ Chicken Wrap  
Chicken Caesar Wrap  
Club Sandwich Wrap

Turkey & Cheese Flat Bread  
Buffalo Chicken Roll Up Wrap  
Turkey & Spinach Roll Up Wrap







Lunch Prices  
Student \$2.75  
Reduced \$.40  
Adult \$3.75

**Chris Ammon - General Manager**  
(717) 436-2111 ext. 5084  
cammon@icsdk12.org

**Kath Gilson - Food Service Support**  
(717) 436-2111 ext. 5015  
kailson@icsdk12.org

USDA is an equal opportunity

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BUILD-A-BURGER BAR</b> A FRESH-MADE BURGER WITH YOUR CHOICE OF CHEESE, AN ARRAY OF TOPPINGS, AND CRISPY ONION RINGS				
 4	 5	 6	 7	Buffalo Chicken & Cheese on Flatbread or Crispy Fish Sticks w/ Whole Wheat Bread <b>Featured Veggies:</b> Steamed Green Beans Fresh Romaine Salad Chilled Peaches / Milk 1
<b>TACO BAR</b> SEASONED BEEF, CHICKEN, OR VEGETARIAN OPTION, A VARIETY OF TORTILLAS, AND TOPPINGS				
Chicken Fajita Wrap or Hot Ham & Cheese on Pretzel Roll <b>Featured Veggies:</b> Crispy Potato Wedges Homemade Baked Beans Chilled Peaches / Milk 2	Chicken Parmesan over Pasta with Garlic Breadstick or Hot Dog with Sauerkraut & Corn Chips <b>Featured Veggies:</b> Steamed Green Beans Fresh Celery & Carrots Chilled Applesauce / Milk 3	French Toast Sticks w/ Oven Browned Sausage or Sloppy Joe on Roll <b>Featured Veggies:</b> Hash Brown Triangles Fresh Red Pepper Strips Mandarin Oranges / Milk 4	Mashed Potato Bowl with Dinner Roll or Mini Corn Dogs <b>Featured Veggies:</b> Mashed Potatoes Fresh Romaine Salad Chilled Mixed Fruit / Milk 5	Macaroni & Cheese w/ Whole Wheat Bread or Meatball Sub with Mozzarella Cheese <b>Featured Veggies:</b> Steamed Mixed Vegetables Fresh Baby Carrots Chilled Pears / Milk 6
11	12	<b>ASIAN BAR</b>		15
<b>GENERAL TSO'S CHICKEN, ASIAN MEATBALLS, SWEET &amp; SOUR CHICKEN ON A BED OF RICE OF YOUR CHOICE OR LO MEIN NOODLES</b>				
Crispy Chicken Nuggets with Dinner Roll or Cheesesteak Sub <b>Featured Veggies:</b> Broccoli with Cheese Sauce Homemade Baked Beans Chilled Pineapple / Milk 1	Toasted Cheese Sandwich or BBQ Pork Rib Sandwich <b>Featured Veggies:</b> Creamy Tomato Soup Fresh Cucumber Slices Chilled Pears / Milk 2	Buffalo Chicken & Cheese on Flatbread or Hot Ham & Cheese on Pretzel Roll <b>Featured Veggies:</b> Steamed Carrots Fresh Cauliflower with Dip Fresh Orange Wedges / Milk 3	Hot Turkey Sandwich with Gravy or Cheese dippers with Marinara Sauce <b>Featured Veggies:</b> Mashed Potatoes Fresh Broccoli with Dip Red Delicious Apple / Milk 4	NO SCHOOL  22
18	19	<b>BALLPARK GRILL</b>		21
<b>CHOICE OF HOT DOG, SAUSAGE, OR CHEESESTEAK SANDWICH LOADED WITH TOPPINGS SERVED WITH FRENCH FRIES</b>				
Meatball Sub with Mozzarella Cheese or Spicy Chicken on Roll <b>Featured Veggies:</b> Steamed Mixed Vegetables Crispy Tater Tots Chilled Pears / Milk 5	Chicken Alfredo Pasta w/ Garlic Breadstick or Chili Dog with Corn Chips <b>Featured Veggies:</b> Steamed Green Peas Fresh Romaine Salad Chilled Applesauce / Milk 6	Mashed Potato Bowl with Dinner Roll or Hot Ham & Cheese on Pretzel Roll <b>Featured Veggies:</b> Steamed Corn Fresh Red Pepper Strips Chilled Pineapple / Milk 1	Toasted Cheese Sandwich or Chicken Fajita Wrap <b>Featured Veggies:</b> Creamy Tomato Soup Fresh Cucumber Slices Chilled Mixed Fruit / Milk 2	Buffalo Chicken Dip with Nachos or Mexican Beef Burrito <b>Featured Veggies:</b> Steamed Green Beans Fresh Broccoli with Dip Red Delicious Apple / Milk 3
25	26	<b>PASTA BAR</b>		28
<b>STEAMED PASTA TOPPED WITH CHOICE OF BEEF OR CHICKEN SMOTHERED IN YOUR CHOICE OF SAUCE SERVED WITH A GARLIC BREADSTICK</b>				
Crispy Chicken Nuggets with Dinner Roll or Cheesesteak Sub <b>Featured Veggies:</b> Homemade Baked Beans Steamed Carrots Chilled Mixed Fruit / Milk 4	Homemade Beef Lasagna with Garlic Breadstick or Chicken Fajita Wrap <b>Featured Veggies:</b> Broccoli with Cheese Sauce Fresh Baby Carrots Chilled Peaches / Milk 5	French Toast Sticks w/ Oven Browned Sausage or BBQ Chicken & Cheese Sub <b>Featured Veggies:</b> Hash Brown Potatoes Fresh Broccoli with Dip Mandarin Oranges / Milk 6	Hot Turkey Sandwich with Gravy or Hot Dog on Roll with Sauerkraut & Corn Chips <b>Featured Veggies:</b> Mashed Potatoes Fresh Tomato Wedges Red Delicious Apple / Milk 1	